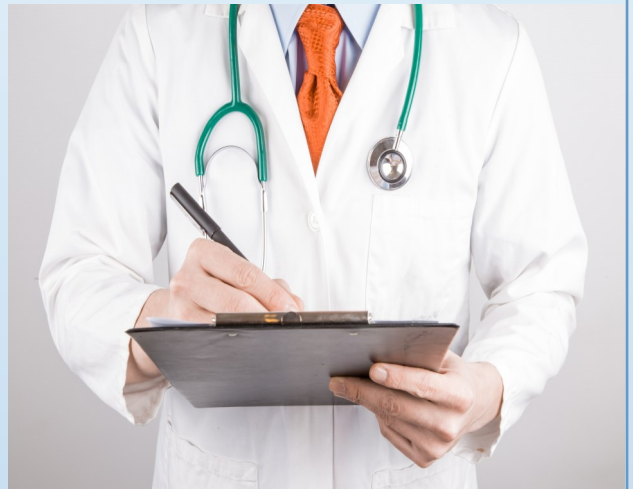




Horndean Surgery PPG Newsletter - Spring 2025

Welcome to the first Horndean Surgery PPG Newsletter, so, what and who are the PPG? The PPG is the Patient Participation Group and, like you, we are all patients of the Horndean Surgery. Every GP surgery should have a PPG as part of their GP contract. At Horndean Surgery we have a virtual PPG which has 400 members and a PPG Committee of 6 members who meet quarterly with the Practice.

The aim of the PPG is to give patients and practice staff the opportunity to meet and discuss topics of mutual interest, to provide a means for patients to become more involved and make suggestions about the healthcare we receive.



We can support the practice to explore issues from patient complaints and surveys, contribute to action plans and help to monitor improvements. We contribute to feedback to the practice on National Patient Survey results and together propose developments or change, and we actively support health awareness and patient education.

We would very much welcome the Virtual PPG members being more involved with our PPG discussions and campaigns, if you are a member of the Virtual PPG and would like to be more involved then please send us an email at PPG.Chairmen@nhs.net or PPG.Secretaries@nhs.net - we would love to hear from you!

The PPG members cannot provide medical advice to patients or deal with medical issues or complaints, these must be handled by the Practice and all complaints should follow the established practice procedures.

Look out for our campaigns and promotions on preventative care, targeted health awareness and information events and together we can keep Horndean Healthy!



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How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



Together we are
beating cancer

Check your skin regularly and report any changes to your GP.

Asymmetry - Melanoma moles are generally asymmetrical
Border - Cancerous moles usually have irregular, hard to define borders
Colour - Moles made up of more than one colour may be cancerous
Diameter - Melanoma lesions are often larger than 6mm in diameter
Evolution - See your GP if your mole has changed in size or colour



Did you know that skin cancer is the fastest rising cancer in the UK?

Sunburn increases your risk of skin cancer, you can burn in the UK - even when it's cloudy!

The NHS has lots of advice on how to enjoy the sun safely:

- ⚙ Spend time in the shade between 11-3
- ⚙ Make sure you do not burn!
- ⚙ Cover up with suitable clothing and sunglasses
- ⚙ Take extra care with children
- ⚙ Use at least factor 30 sunscreen
- ⚙ Re-apply regularly

*time to
Travel*



Going on holiday? Remember to check if you need travel vaccinations for your holiday destination. Book an appointment with the practice nurse at least 6-8 weeks before your travel date and remember some vaccinations will need to be pre-ordered and may not be included within the usual NHS prescription charges so will incur additional cost. Some vaccinations may need more than one dose and will need to be completed at least 2 weeks before your travel date.

Check your holiday destination on the **Fit For Travel** NHS website
www.fitfortravel.nhs.uk



Have your say! Do you have a great idea as to how patient services can be improved at Horndean Surgery, is there an improvement you would like to see? Then complete one of the PPG feedback forms in the Surgery foyer or email the PPG at **PPG.Chairmen@NHS.NET** or **PPG.Secretaries@NHS.Net** and we'll make sure your voice is heard.